SPORTLINE®

SOLO 920
HEART RATE WATCH

#3638
#3639

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This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at their own expense.

Contents

- How to Measure Your Heart Rate
- Helpful Hints in Measuring Heart Rate
- Features and Button Operation Overview
- Setting the Time and Date
- Setting the Daily Alarm
- Turning the Daily Alarm ON/OFF
- Turning the Hourly Chime ON/OFF
- About the Heart Rate Target Zone and Alert
- Setting the Standard Heart Rate Target Zone
- Setting Manually Your Personal Heart Rate Target Zone
- Setting the Heart Rate Alert ON/OFF
- Using the Chronograph Feature
- Using the Countdown Timer Feature

- Using the Calorie Feature
- Setting Dual Time
- Care and Maintenance
- Specifications/Battery
- How the Heart Rate Monitor Watch Works
- Contact Information
- Warranty
- Disclaimer

Congratulations on your purchase of this Sportline Solo 920 Heart Rate Watch.

We commend your efforts on taking steps for healthier living. Measuring your heart rate is fun and easy, and can help manage your 'heart health'.

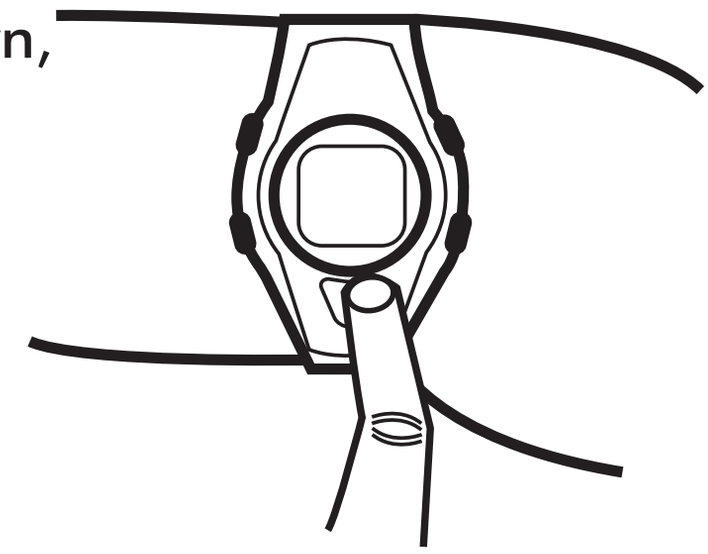
While the Sportline Solo 920 Heart Rate watch works like a standard sports watch, it includes an advanced heart rate sensing technology - **S-Pulse™** - that provides easy and accurate contact heart rate readings.
S-Pulse™ is a patented heart rate sensing technology that measures the electrical signals on your skin – in the same manner that an EKG or electrocardiogram does.

While the Sportline Solo 920 Heart Rate watch attaches to your wrist like other watch products, it does not measure or sense your pulse at your wrist. It instead uses **S-Pulse™ technology** to sense your heart rate by measuring your EKG signal.

How to Measure Your Heart Rate

To get your heart rate reading, just follow these simple steps:

1. Place the Sportline Solo 920 Heart Rate Watch on your wrist, adjusting for a snug, comfortable fit.
2. Place your finger on the Sportline Solo 920 Heart Rate Watch's sensor, as shown, and press gently for 3-8 seconds. Be sure to activate the Heart Rate mode by pressing the bottom metal sensor so that the display flashes. It is best to use the flat 'pads' of your fingers, and not the fingertips.



3. A 'beep' will sound and your heart rate will be displayed. It's that easy!

Because the Sportline Solo 920 Heart Rate Watch is a sensitive monitoring device that reads your EKG signals, reading times will vary. If you don't get a reading in 3-8 seconds, wait a couple of minutes and try again. This gives the Sportline Solo 920 Heart Rate Watch a chance to settle in and pick up your electrical signals.

Your heart rate will remain displayed once measured, and will remain displayed for 7 seconds after you release the sensor button.

- The Sportline Solo 920 Heart Rate Watch must be attached to your wrist in order for the Heart Rate Measure function to work.
- Proper finger pad contact is very important and affects the heart rate reading time.
- For those users with dry skin, thick or calloused fingers, low heart rate signal strength (EKG strength), minimal padding on your fingers, or users located in dry environments, please see our Helpful Hints section.
- The Heart Rate Measure function is not intended for use or operation in or under water.

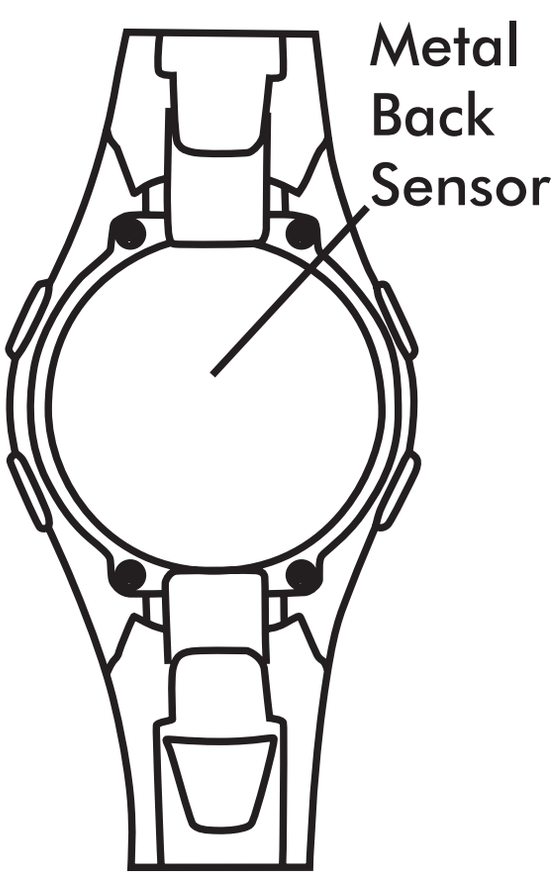
Helpful Hints in Measuring Heart Rate

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in order until you successfully measure your heart rate:

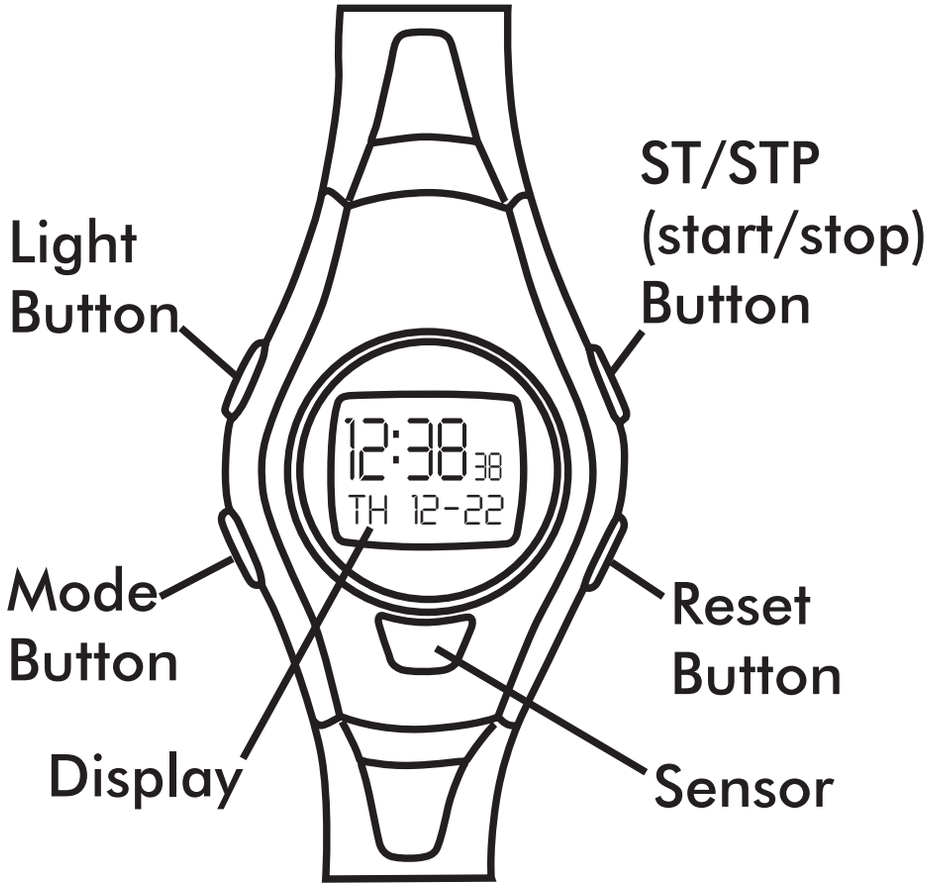
1. Make sure the Sportline Solo 920 Heart Rate Watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate. Stop if OK or
2. Press gently with enough pressure to activate the heart rate measure mode. Muscle 'noise' from pressing too hard can make it difficult to measure your heart rate. Stop if OK or
3. Make sure that the metal back of the Heart Rate Watch is laying flat on your skin. Stop if OK or
4. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions. Stop if OK or

5. Stay still, and relax your arms on a stable surface while taking your heart rate. Stop if OK or
6. Clean the front sensor and back metal plate with a mild soap and water or similar cleaning solution.
7. Moisten with water the pads of the fingers that you are using to contact the sensors on the face of the watch. Stop if OK or
8. Moisten with water the surface between the back metal plate of the watch and the skin on your wrist.

Sportline Solo 920 Heart Rate Watch Features and Button Operation Overview



Back View of the Watch

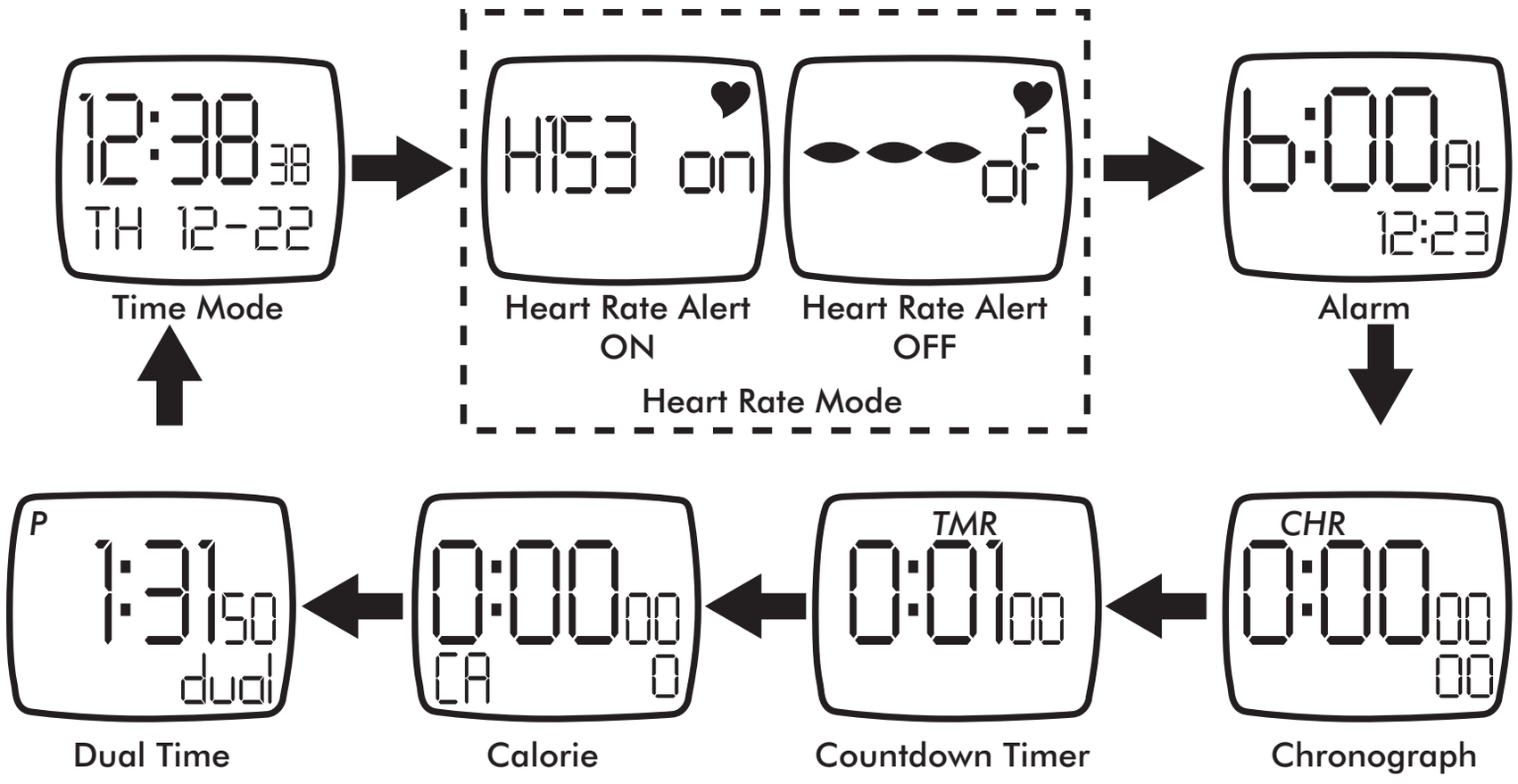


Front View of the Watch

1. Press the **MODE** button to select the desired feature mode. The Heart Rate Watch feature modes (displays) are:
   - **Time**
     - Set time, date, 12H/24H display mode, and Button Beep ON/OFF.
   - **Heart Rate Target Zone**
     - Enter Age and Gender to set high/low target limits automatically
     - Or manually enter your own target limits
   - **Alarm**
     - Set alarm time, turn alarm ON/OFF, turn hourly chime ON/OFF
   - **Chronograph**
     - Run chronograph
   - **Countdown Timer**
     - Set/run timer countdown
   - **Calorie**
     - Set the Calorie display
   - **Dual Time**
     - Set Hour display only.

2. Once you have selected a feature mode, to change a setting in that mode, hold the **MODE** button down for 2-3 seconds until the display flashes.
   - When in 'Button Beep ON' mode (watch default), the Sportline Solo 920 will beep when the buttons are pushed.

3. Once flashing, to set a feature use the **ST/STP** button to increase and **RESET** button to decrease the setting.
4. To move to the next setting, press and release the **MODE** button.
5. To save new settings after completion, hold the **MODE** button down for 2-3 seconds until the display stops flashing.



Setting Time and Date

1. While in the Time mode hold the **MODE** button down for 2-3 seconds until the display flashes.
2. The 'seconds' display will flash. In order, the settings to enter will be:
   -seconds
   -minutes
   -hours
   -year
   -month
   -day
   -Month-day then appear flashing
   -12Hr (am/pm) or 24Hr (military) time mode
   -Button Beep ON or OFF (buttons beep when pressed when ON, no beeping when OFF)
3. To set the feature, press the **ST/STP** button to increase and **RESET** button to decrease the setting.
4. To move to the next setting, press and release the **MODE** button.
5. After all settings are entered, to save the new settings, hold the **MODE** button down for 2-3 seconds until the display stops flashing.
   - Calendar display: To display the calendar once set, simply press and release the **ST/STP** button while in standard time mode. Press and release the **ST/STP** button to return to the Time mode.

Setting the Daily Alarm Time

1. While in the Alarm mode, hold the **MODE** button down for 2-3 seconds until the 'hour' display flashes.
2. To set 'hour', press the **ST/STP** button to increase and **RESET** button to decrease the setting.
3. To move to 'minutes', press and release the **MODE** button.
4. After 'hours' and 'minutes' are set, to save, hold the **MODE** button down for 2-3 seconds until the display stops flashing.

Turning the Daily Alarm ON/OFF

Daily Alarm Indicator

1. While in the Alarm mode, press the **ST/STP** button once to turn the Daily Alarm ON or OFF.
2. When the Daily Alarm Indicator appears, the daily alarm is ON. The Watch will start beeping at the designated alarm time for 30 seconds. To stop the beeping early, simply press any button (except the LIGHT button).

Turning the Hourly Chime ON/OFF

Hourly Chime Indicator

1. While in the Alarm mode, press the **RESET** button once to set the hourly chime ON or OFF.
2. When the Hourly Chime Indicator appears, the hourly chime is ON, and the Watch will beep at the top of each hour.

About the Heart Rate Target Zone and Alert

The Heart Rate Target Zone feature helps you compare your acquired heart rate with your target zone when the Heart Rate Alert feature is ON:

- **If your heart rate is within the target zone,** the Watch will beep once and display your heart rate.

- **If your heart rate is lower** than your target zone lower limit, the Watch will beep twice and your heart rate will be displayed with an "L" (L = Low).

- **If your heart rate is higher** than your target zone upper limit, the Watch will be beep twice and your heart rate will be displayed with an "H" (H = High).

Example: Debbie's target zone is 80-120 bpm (beats per min.). After 5 minutes of walking, Debbie measures her heart rate.

Debbie's heart rate is: "L 72". She can decide to pick up her pace so her next reading falls within her target range, or she can stay at her current pace.

Setting the Standard Heart Rate Zone

Note: If you are new to exercise, have a heart condition, or have questions/concerns about your heart and heart rate zone, please consult your doctor.

By entering your age and gender, the Watch will calculate your standard heart rate range.

1. While in the Heart Rate Target Zone mode, press the **MODE** button for 2-3 seconds until the display flashes.
2. To enter your age, press the **ST/STP** button to increase and **RESET** button to decrease the setting.
3. After your age is entered, press the **MODE** button to select your gender. Press the **ST/STP** or **RESET** button to select "M" for male or "F" for female.

4. After your age and gender are entered, hold the **MODE** button down for 2-3 seconds until the display stops flashing. The settings are now saved.

Setting Manually Your Personal Heart Rate Target Zone

You can manually override the standard heart rate settings of the watch, if desired, to settings of your own preference.

1. When in the Heart Rate Target Zone mode, hold the **MODE** button down for 2-3 seconds until the display flashes.
2. Set or confirm your age and gender (previous section), then press and release the **MODE** button.
3. Your standard high upper limit, designated with an "H", will be flashing. This can be adjusted up or down by pressing the **ST/STP** button to increase and **RESET** button to decrease the setting.
4. Press the **MODE** button. Your standard lower limit, designated with an "L", will be flashing. This can be adjusted up or down by pressing the **ST/STP** button to increase and **RESET** button to decrease the setting.
5. To save your settings, hold the **MODE** button down for 2-3 seconds until the display stops flashing.

Setting the Heart Rate Alert Feature ON/OFF

When in the Heart Rate Target Zone mode, to turn the Heart Rate Alert Function ON or OFF, press the **ST/STP** button.

- When OFF, your upper and lower limits will be 'hidden' by the display, and your Heart Rate Alert function will now be OFF. However, your upper and lower limits are still retained in the Watch memory.
- When ON, your upper and lower limits will now appear in the display, and your Heart Rate Alert function will now be ON.

Relative Heart Rate

Relative Heart Rate is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as: 220 less your age (220 – your age).

- Your Relative heart rate will be displayed as a percentage when displaying your heart rate.

Example of Relative Heart Rate:
Tom is 30 years old.
His heart rate measured as: 132.
Maximum heart rate 220 – age 30 = 190 bpm.
132/190 = 70% is Toms relative heart rate.

Note: Relative heart rate will only be displayed if the Target Rate Alert Feature is turned on when you measure your heart rate.

Using the Chronograph Feature

The Chronograph feature measures elapsed time from a zero starting point. The maximum counting range of the chronograph is 99 hours, 59 minutes and 59 seconds.

To use the Chronograph, press the **MODE** button to select the Chronograph mode. The Watch can now be used to record an elapsed length of time.

1. Press the **RESET** button to reset counter to '0'.
2. Press the **ST/STP** (start/stop) button once to start timing.
3. Press the **ST/STP** (start/stop) button to stop timing.
4. To reset the chronograph to '0' press the **RESET** button.

Using the Countdown Timer Feature

The Countdown Timer tracks a fixed period of time by counting down from a user-set time period.

- The Watch is set at a 1 minute default.

The countdown time can be set up to 99 hours, 59 minutes and 59 seconds.

Setting the Countdown Timer

To use the Countdown Timer, press the **MODE** button to select the Timer mode.

1. When in Countdown Timer mode, press the **MODE** button down for 2-3 seconds until the 'hour' digit flashes.
2. To set ‘hour’, press the **ST/STP** button to increase and **RESET** button to decrease the setting.
3. To move to ‘minutes’, press and release the **MODE** button.
4. To move to ‘seconds’, press and release the **MODE** button.
5. After ‘hours’, ‘minutes’, and ‘seconds’ are set, hold the **MODE** button down for 2-3 seconds until the display stops flashing. The settings are now saved.

Running the Countdown Timer

1. Once a countdown time has been set, press the **ST/STP** button once to start the Timer.
2. The Timer will start counting from the countdown time down to ‘0’.
3. At 5 seconds before finish, the Watch will start to beep. This will continue for 15 seconds.
4. To stop the beeping early, press any button (except the **LIGHT** button).
5. The Countdown Timer will then return to the original countdown time.

- To reset the Countdown Timer to the original countdown time, press the **RESET** button once when the Timer is stopped.
- To reset the Timer while the Timer is running, press the **ST/STP** button to stop the counting, then press the **RESET** button.

Using the Calorie Feature

1. When in Time mode, press the **MODE** button 5 times until you see the Calorie (CA) screen.
2. Press the **ST/STP** button to activate the Calorie timer.
3. Your calories are calculated based on your current heart rate (user is recommended to acquire heart rate at least once before starting the calorie timer).
4. Your calories burned will be displayed in the lower right corner.
5. Press **ST/STP** to stop the calorie timer.
6. When Calorie Timer is stopped, Press **RESET** to a new calorie count.

Setting Dual Time

1. While in Time Mode, press the **MODE** button 6 times until you reach the Dual time screen and hold for 2-3 seconds.
2. The 'hour' display will flash.
3. To set the hour, press the **ST/STP** button to increase and **RESET** button to decrease the hour.

4. The ‘minute’ and ‘seconds’ will automatically copy over from the regular time setting (as a result, minute and seconds cannot be adjusted in dual time mode).
5. To save the setting, hold the **MODE** button for 2-3 seconds until the display stops flashing.

Care and Maintenance

To ensure proper function of your Sportline Solo 920 Heart Rate Watch:

- Avoid rough usage or severe impacts to the Watch.
- Keep the front sensor and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the Watch, using a soft cloth, with a mild soap and water or similar cleaning solution.
- Keep the Watch out of extreme heat or cold.
- Do not expose the Watch to intense direct sunlight for long periods of time.
- Do not expose the Watch to chemicals such as gasoline, alcohol, or solvents.

Specifications

Current Time Mode

- Hour, minute and second
- Month, day, day of week and year
- 12 / 24 hour format selectable
- Month-day/Day-month selectable

- Auto calendar from year 2000 to 2099
- Hourly Chime on the hours

Heart Rate Alert Mode

- Measuring range: 43 to 200 beats per minute
- Heart Rate Alert (upper and lower limit)

Daily Alarm Mode

- Daily Alarm: 1 daily alarm
- Alarm Duration: 30 seconds

Chronograph Mode

- Resolution: 1/100 second
- Counting range: 99 hours, 59 minutes, 59 seconds
- Measuring mode: Elapsed time

Countdown Timer Mode

- Resolution: 1 second
- Limit: 99 hours, 59 minutes, 59 seconds
- Alarm sound: 1 beep at the 5,4,3,2 and 1 second(s), 3 beeps at 0 second for 10 seconds.

Dual Time

- Hour, minute and second

Calorie

- Calories burned

Other

- Electro-luminescent/EL backlight
- Water-resistant to 50 meters

The Heart Rate Measure function is not intended for use or operation in or under water.

Battery

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

To replace the battery of your Sportline Solo 920 Heart Rate Watch, we recommend that this be done by a watch repair service center. This will ensure that the water resistance will be retained after battery replacement.

The watch uses standard lithium replacement batteries as follows:

Large (#3639) size: 2032
Medium (#3638) size: 2025

NOTE

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable nickel-cadmium) batteries
- Do not mix old and new batteries

- Exhausted batteries to be removed
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak

How this Sportline Solo 920 Heart Rate Watch Works

It is useful to understand the basics of how the **S-Pulse™** sensing technology works – as it will perform differently on people of different age, skin type, body type, EKG or electro-cardiogram signal strength, among others.

The **S-Pulse™** technology measures the electronic signals that pass through your body – that result from the beating of your heart. Many are familiar with the EKG waveform – from either personal experiences while at the hospital, or from popular television medical shows. It is this same signal that passes through your body that **S-Pulse™** measures.

This measurement is obtained by the Watch's two metal sensors. The back metal plate of the Watch wrist is actually a primary sensor that measures these electronic signals off your arm. The 'EKG' measurement is done when you place your fingers from one hand on the top sensor on the Watch that is attached to your opposite arm. This creates a loop across your body that the Watch can now read.

- The Sportline Solo 920 Heart Rate watch must be attached to your wrist in order for the Heart Rate Measure function to work.

Patents

This Sportline Solo 920 Heart Rate Watch and **S-Pulse™** technology are result of and protected by the following patents:

US: .5,738,104 & 5,876,350
Europe: EPO 0861045B1

Disclaimer

This Sportline Solo 920 Heart Rate Watch is not a medical device, or intended for use in any medical, or patient monitoring application.

This Sportline Solo 920 Heart Rate Watch is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features of your Watch may vary slightly from those described in this User Guide. The information in this User Guide is intended to be for information purposes only, and is subject to change without notice.

S-Pulse™ is a trademark of Salutron Inc.

GUARANTEE CERTIFICATE – For purchases made in the U.S.
If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to:
E&B GIFTWARE, LLC, 585 Oak Ridge Road, Hazleton, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME _____

TEL _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

STORE PURCHASED FROM _____

DATE OF PURCHASE _____ PURCHASE PRICE _____

PROBLEM WITH PRODUCT _____

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

For purchases made in the UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement:

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